



Warm Quinoa Spinach and Shiitake Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups baby spinach loosely packed stemmed
- 6 servings pepper black freshly ground
- 500 mL chicken broth
- 50 mL feta cheese crumbled
- 6 servings olive oil extra virgin extra-virgin
- 125 mL bell pepper sweet red finely chopped
- 2 tablespoons red wine vinegar
- 225 g roasted garlic fine

- 1 pinch salt
- 2 shallots diced finely
- 180 g mushroom caps thinly sliced

Equipment

- bowl
- frying pan
- sauce pan

Directions

- In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer for 12 to 15 minutes or until tender.
- Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork. In large nonstick frying pan, heat oil over medium heat; cook shallots and red pepper for 4 to 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 6 to 8 minutes or until mushrooms have released their juices and are starting to turn golden.
- Add vinegar; cook, stirring to bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper.
- Remove from heat. In large bowl, toss quinoa with warm spinach mixture.
- Serve sprinkled with feta. More recipe ideas are available online at pc.ca.

Nutrition Facts

  
 **PROTEIN 9.32%**  **FAT 59.79%**  **CARBS 30.89%**

Properties

Glycemic Index:35.83, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:21.19347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 1.87mg, Quercetin:

1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 226.31kcal (11.32%), Fat: 15.81g (24.33%), Saturated Fat: 2.71g (16.93%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 15.61g (5.68%), Sugar: 2.78g (3.09%), Cholesterol: 6.36mg (2.12%), Sodium: 408.78mg (17.77%), Protein: 5.55g (11.09%), Vitamin K: 154.93µg (147.56%), Vitamin A: 3252.1IU (65.04%), Manganese: 1.06mg (52.94%), Vitamin C: 37.62mg (45.6%), Vitamin B6: 0.7mg (35.05%), Vitamin E: 2.91mg (19.4%), Folate: 73.8µg (18.45%), Vitamin B2: 0.27mg (15.85%), Potassium: 486.09mg (13.89%), Phosphorus: 135.76mg (13.58%), Calcium: 132.42mg (13.24%), Selenium: 8.58µg (12.25%), Magnesium: 44.6mg (11.15%), Fiber: 2.77g (11.06%), Copper: 0.22mg (10.96%), Iron: 1.93mg (10.74%), Vitamin B3: 2.02mg (10.11%), Vitamin B1: 0.14mg (9.37%), Vitamin B5: 0.82mg (8.19%), Zinc: 1.18mg (7.88%), Vitamin B12: 0.11µg (1.76%)